



THE MBV TRAVEL & FOOD TOOLKIT



Your guide to travelling smart and eating well...



Travel Documents & Must-Haves

- ☐ Passport
- ☐ Travel Insurance
- ☐ eSIM
- ☐ Cash and Credit Cards
- ☐ Airport Lounge Pass
- ☐ Check airport terminal
- ☐ Pen



Digital Must-Haves

- ☐ Phone
- ☐ e-SIM
- ☐ Headphones
- ☐ Chargers and Power Bank
- ☐ Books/Kindle
- ☐ Universal Adaptor
- ☐ Camera



Wellness on the Go

- ☐ Vitamins
- ☐ Band-aids
- ☐ Electrolytes
- ☐ Insect repellent
- ☐ Travel medication
- ☐ Antibiotic Ointment



Taste the World

- ☐ Reusable cutlery
- ☐ Snacks (bars, dry fruit, etc.)
- ☐ Water Bottles
- ☐ Hot Sauces and Sachets
- ☐ Fave tea bags



Clothing

- ☐ Tops and Bottoms
- ☐ Dresses
- ☐ Jacket
- ☐ Underwear
- ☐ Bikini
- ☐ Socks
- ☐ Comfy Shoes



Self-Care Kit

- ☐ Toothbrush & Toothpaste
- ☐ Deodorant & Perfume
- ☐ Hairbrush & Comb
- ☐ Tissues
- ☐ Makeup
- ☐ Skin Care, e.g. SPF
- ☐ Pads, Menstrual Cup
- ☐ Liquid Soap & Cream
- ☐ Shampoo & Conditioner



Comfort Items

- ☐ Eye Mask
- ☐ Lounge Wear
- ☐ Neck Pillow
- ☐ Journal
- ☐ Headscarf

*Hope it helps you travel softer
and smarter. Love, MBV xx*